

# FITNESS

---

## Tips for Exercising In the Comfort of Your Home

1. **Wake up early.** Try getting up 30 minutes earlier than you normally do and use the extra time to walk on your treadmill or take a brisk walk around the neighborhood. Some research suggests that people who exercise in the morning are more likely than are others to stick with it over the long term. If you're too stiff in the morning, however, wait to exercise until later in the day.
2. **Make household chores count.** Mop the floor, scrub the bathtub or do other housework. The stretching and lifting are good exercise. Work at a fast pace to get your heart pumping. Also, try working in the garden, doing yardwork or mowing the lawn. Gardening can burn up to 300 calories an hour and is a great way to build strength. Raking and hoeing strengthen your arms and back, while digging works your arms and legs.
3. **De-stress with a quick walk after work.** Exercising before dinner may also suppress your appetite, helping to reduce your total daily calorie intake.
4. **Get your dog into the act.** Take two quick walks with Fido or Fluffy every day. It's best to build up to about 30 minutes of continuous activity. But two 15-minute jaunts are nearly as good.
5. **Exercise while watching TV.** Use hand weights, ride a stationary bike or do a stretching routine. Get up off the couch to change the channel on the TV. Or keep the telephone in another room so that you have to walk to answer it.
6. **Exercise to your favorite radio station or music CDs.** Just turn on the radio or insert your favorite CD and just exercise. Dancing is a great form of exercise because it gives the heart a great workout and improves coordination. It does not matter the type of music you listen to as long as you move to it.
7. **Make family time exercise time.** Take group walks after dinner or schedule a family game of kickball for Saturday mornings. Wait about an hour after you eat before exercising, however.

**Please consult a physician before starting any type of exercise regimen.**

